

Importance of Nutrition

Eating right can influence your mood and help the body handle stress. Learn key factors to eating right for better health and spirit.

About the instructor: Mary Riggins is the Clinical Dietitian at Smyth County Community Hospital located in Southwest Virginia. She specializes in Diabetes education and Nutrition Support. Her nearly thirty years in the field includes consulting for Nursing Home and Assisted Living facilities as well as Nutrition Education. She is a registered dietitian and a member of the American Dietetic Association and Southwest Virginia Dietetic Association.

Natural Facial Skin Care

Commercial products have extra ingredients that may do more harm than good. Learn to make your own, natural facial skin care products. Participants will make their own products to take home. BYOB (bring your own blender) if possible.

About the instructor: Mary Alice Hardin is the owner of Nature's Powers Outdoor Education Center, which is located in Smyth County, south of the town of Chilhowie. She teaches and sponsors programs to get people into nature and natural living. She has studied under Tom Brown, Jr. at The Tracker School, Jon Young at the Wilderness Awareness School, Charles Worsham at the Nature and Vision School, and Barbara Carrier at Somewhere in Thyme Herbals. She and her husband Charlie own a home that is totally "off the grid." They make their own electricity using solar panels and a wind generator.

Making Medicines from Herbs

Locally abundant herbs and plants are often the best natural remedies. Participants will make and take home herbal extracts, oils, and salves.

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Yoga For Outdoor Activities

Repattern your movement habits! In a Iyengar style yoga class, participants first and foremost learn to correctly align bones. Only then will you hold poses, to stretch and build stamina. Experience what a difference this approach makes to your outdoor pursuits.

About the instructor: Eileen McIvene trained in Iyengar, Anusara, Integral, Kripalu and Ashtanga styles since 1970, Eileen has taught for more than 20 years, and was among the first teachers in America to receive Teacher Certification from the Yoga Alliance. Her Iyengar training provides students with precise instructions that facilitate deeper progress in postures while simultaneously avoiding injuries. Her teaching style is caring while persistently challenging students who want a deeper practice.

Camping 101

Teaches the basics of camping and the Leave No Trace Philosophy

About the instructor: Erin Brockmann grew up in New England, and from an early age learned to love the natural world and the history of America. She spent many family vacations exploring National Parks and Historic Sites and hiking in the northern Appalachian Mountains. She has a Bachelor's Degree in History from New York University and a Master's Degree in Parks and Recreation Management from the University of Wyoming. She has worked for the National Parks Service and currently serves as the Education Director Southwest Virginia Museum Historical State Park. Erin first learned of the Leave No Trace principles while at school in Wyoming. The training deepened her commitment to the conservation and preservation of our natural and historic resources and she and her family practice Leave No Trace on a daily basis, whether they are in the backyard, the local parks, or a wilderness area.

Outdoor Photography

Digital photography tips on how to take better outdoor photos. Areas covered, basic photography lighting and composition. **MUST BRING YOUR OWN DIGITAL CAMERA.**

About the instructor: Debbie Pippin has a Bachelors of Science in Photography from Virginia Intermont and a Masters of Fine Arts in Photography from Virginia Commonwealth University. She is co-owner of Two Girls with Cameras Photography, and has managed a Ritz Camera store in Abingdon for the past 10 years. She had taught photography at Virginia Commonwealth University and Virginia

Highlands Community College and several workshops in the area and has also had several solo and group exhibitions over the years.

Nature Journaling

Writing especially journaling is a great tool for processing, remembering, reliving and relieving stress! Join us for some tips on why and how you might keep a journal. You'll get a journal of your own and have time to try a few entries. No previous writing experience needed or expected!

Two levels of workshops offered (101 and 201) – for the beginner or intermediate journaler – or sign up for both.

About the instructor: Mickey Pellillo holds degrees in social work, English, Religion and Philosophy and has done work towards a degree in Exercise Science: Sports Medicine. She loves the outdoors - finished the Appalachian Trail (in 2005) over a 9 year period. She took up triathlons after finishing the trail and has participated in about 20 of various lengths. Most recently she finished her first ironman (2.4 mile swim, 112 mile bike and 26.2 mile run) in Nov 2008. She has been a volunteer lifeguard and swim instructor at Great Bluefield Community Center for over 5 years and is Chair of Bluefield Recreation's Trails Committee, working the last almost 3 years to get a biking and hiking trail system in place at Bluefield City Park.

Stress Reduction Massage

Learn the basics of giving and receiving a relaxing message.

About the instructor: Laura Bock is a Nationally Certified Massage Therapist and a Certified Massage Therapist in the state of Virginia. She has completed a 500 hour course for Massage Therapy, Anatomy and Physiology, Hydrotherapy, and Professional Standards and Ethics. She is also certified in Deep Tissue Massage and Myofascial Release through Cross Country University. She is a graduate of Reflections of Health School of Massage, and has over 3 years of experience working in the Abingdon, VA area. With a background in Information Systems Technology, Laura previously worked in the corporate world as an executive assistant and from a young age recognized the affects stress can havoc on the body. After winning a gift certificate at the company Christmas party, she fell in love with every aspect of the art and wanted to help others in taking away some of the stresses everyday life brings and make the body feel better as a whole. She has faith in the power of massage and what it can do for the mind, body, and spirit.

Fly Fishing

Learn the basics of this fishing technique. Bring your own rod if you have one, or use ours. You will need a Virginia Fishing license. Buy one from your local sporting goods store or Wal-Mart in advance, or on line at <http://www.dgif.virginia.gov/licenses/>, or we'll be able to sell you a license at the park.

About the instructor: Debbie Coffin is Assistant Park Manager at James River State Park.

Kitchen Herbs

Make your cooking zing by learning the basics of adding herbs to your recipes.

About the instructor: Brenda Gwyn

Outdoor Cooking

Cooking on a campfire or while you're cooking is not the same as backyard grilling. Learn the ins and outs of outdoor cooking in a dutch oven and sample some recipes.

About the instructor: Carrie Sparks learned campfire cooking as a Girl Scout leader and trainer. Recently retired, she is working toward her certificate as a VA Master Naturalist. Each spring Carrie, helps organize the Mount Rogers Naturalist Rally in Konnarock, VA. Carrie enjoys camping with her husband Jim and her grandchildren. Other past times include gardening, soap making, and learning to use edible or medicinal plants.

Aroma Therapy

aro·ma·ther·a·py - noun - The use of volatile plant oils, including essential oils, for psychological and physical well-being. We all know that smells have the capacity of transporting us to other places, times and pleasant or not so pleasant memories. Participants will be able to sample different essential oils and learn what oils are recommended for different experiences.

About the instructor: Odette Simons

Canoe/Kayak programs

Getting out in the water looks like fun, but learning to paddle and follow safety guidelines will make it worry-free! Learn from a certified instructor with canoes/kayaks, paddles, and safety equipment provided.

About the instructor: Gilda Dingler Powers

Wildflower Walk

Late April will be a fantastic time to spot colorful wildflowers. Our knowledgeable guide will show you this spring beauty and let you in on interesting facts about the wild flowers. Virginia State Parks staff will lead this program.

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History Walk

Hungry Mother State Park was constructed in the 1930s by the Civilian Conservation Corps. You won't want to miss this opportunity to visit and learn about its historic sites. Virginia State Parks staff will lead this program.

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Wine and Health

Learn about the health benefits of wine and learn more about wine making and selection from a local vintner.

About the instructor: Dr. David Lawson is part owner and winemaker of the family owned winery and vineyard, Mountain Rose Winery, located in the heart of the coal mining region of the Appalachian Mountains.

Virginia State Park staff will conduct the following programs:

Introduction to Virginia State Parks

Learn about state park facilities and programs. Learn how to make reservations on line. This program will be led by Virginia State Parks staff.

Geocaching: Learn how to participate in this international activity. If you haven't heard about it, geocaching or letterboxing is an activity where individuals and groups place hidden cache's in public places. You use a handheld GPS device to find the secret location. It's treasure hunting for the 21st century and a fantastic way to get tech-focused children, teens and adults interested in the outdoors. We'll provide the GPS units. Virginia State Parks staff will lead this program.

Campfire

This is a great opportunity to meet and greet the other participants, listen to stories and music, and enjoy the consummate campfire food – s'mores. This program will be led by Virginia State Parks staff.

Early Morning Hiking

How is a hike through the woods different from a walk around your neighborhood? Find out how to follow a trail, what to bring with you, and what to look for.

Night Hike

The Park comes alive at night. Park staff will point out what the eyes might miss on this guided night hike.

Stargazing with Pink Floyd

Learn about the night sky. The dates for this weekend coincide closely with the new moon which makes the best star viewing. This program is set with Pink Floyd's Dark Side of the Moon as musical background.

About the instructor: Kevin Kelley is the Chief Ranger at Grayson Highlands State Park.